

Printfid00254hero barbecuedfish 324 badge

BBQ Fish with Tomato Sauce

and Green Vegetable Couscous



20-30min



4 Portions

It's the perfect season to fire up the barbecue and there is nothing like a quality piece of fish to throw onto it. We prepare an unctuous tomato sauce that marries perfectly well with the seafood and whip up a quick and easy couscous salad to make this a fantastic family meal.

What we send

- parsley, 1 garlic clove, 1 shallot
- ling fillet 4
- zucchini
- green beans
- couscous 1
- chopped tomatoes
- lemon

What you'll require

- olive oil
- salt

Utensils

- chargrill or frypan
- Colander
- grater
- Kettle
- medium saucepan
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If your children prefer their vegetables separate, do not stir them into the couscous, just serve them on the side.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 460.0kcal, Fat 7.2g, Proteins 42.7g, Carbs 49.1g



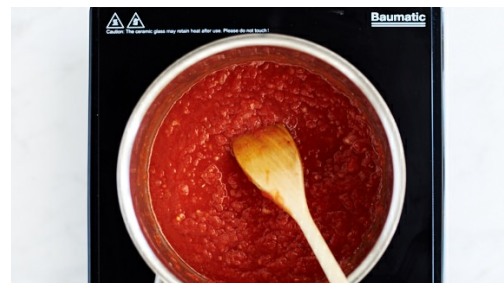
1. Prepare ingredients

Bring a kettle to the boil for the couscous. Bring a medium saucepan of salted water to the boil for the vegetables. Finely chop the **shallot** and **garlic**. Finely zest and juice half the **lemon**. Cut the remaining half into wedges. Coarsely chop the **parsley** leaves and stalks.



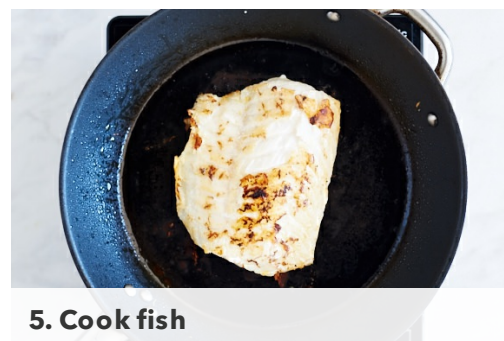
4. Cook veggies

Trim ends of **beans** and cut into 2cm lengths. Finely dice the **zucchini** and place in a heatproof sieve. Cook beans in the pan of boiling water for 2-3 mins, until tender. At the same time, place the sieve over the boiling water, cover with a lid and steam the zucchini, until tender. Drain beans.



2. Cook tomato sauce

Heat 2 tsp **oil** in another medium saucepan over medium heat. Cook the **shallot** and **garlic** for 3-4 mins until softened. Add the **tomatoes** and 1 tsp of **sugar** (to taste) and bring to a simmer. Cover and simmer for 8-10 mins until flavours infuse.



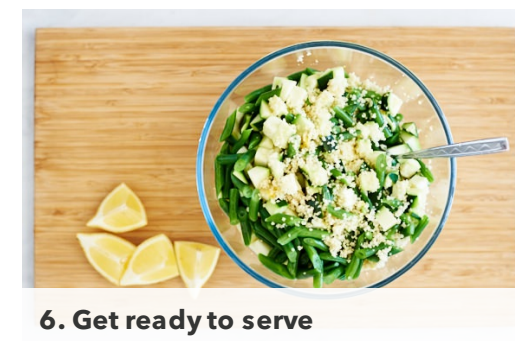
5. Cook fish

Heat a barbecue hot plate or frypan over medium heat. Brush **fish** lightly with **oil** (or lightly spray with oil) and sprinkle with remaining **zest**. Cook for 3-4 mins each side until just cooked through (the exact cooking time will depend on the thickness of the fish). Transfer the fish to a plate and drizzle over remaining **lemon juice**.



3. Prepare couscous

Meanwhile, place the **couscous** in a large heatproof bowl and add 250ml (1 cup) boiling water and a pinch of **salt**. Cover with a plate and leave to steam for 5 mins. Fluff up with a fork. Stir in half the **lemon zest**, 1 tbs **lemon juice** and 1 tbs **oil**. Season with salt to taste.



6. Get ready to serve

Stir the **beans** and **zucchini** through the **couscous** (see cooking tip). Serve **fish** on a bed of couscous. Drizzle over **tomato sauce** and sprinkle with **parsley**. Serve with **lemon wedges**.